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Fall of the Wall marked

Germany celebrates 25 years since the Berlin Wall was dismantled

PAGE 8

No Metro on Tuesday

We're not publishing on Remembrance Day; look for us again Wednesday

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Selinger will face party leadership vote in March

Internal dissent.

Premier makes offer to NDP executive after resignation of five senior cabinet ministers

requests Sunday. He told the Winnipeg Free Press Saturday night the leadership vote would allow his opponents to run against him.

Back against the wall?

"I think it's action he had to take."

Paul Thomas, professor emeritus of political science at the University of Manitoba, on Selinger's offer to face the leadership vote. Thomas said Selinger appeared to have little choice in the matter, given the number of people who oppose him.

Embattled Premier Greg Selinger will face a party leadership vote at the provincial NDP's annual convention in March — the end result of an open revolt by high-profile caucus and party executive members.

Selinger's press secretary, Sally Housser, said Sunday that Selinger made the offer to the party executive via conference call a day earlier as a way to address a public split in the NDP that has included the resignation of five senior cabinet ministers.

Details of the vote had yet to be worked out, and Selinger refused interview

ship convention at any time. The turmoil has raised more questions about the NDP's chances of winning the next election, slated for April 2016.

In 2012, the government expanded the provincial sales tax to cover new items such as home insurance. A year later, the government raised the tax to eight per cent from seven — something Selinger had specifically said he would not do during the election campaign. The NDP has been well behind the Opposition Progressive Conservatives ever since.

The party executive met Saturday to try to find a way to address the crisis. Selinger did not attend in person but brought up the leadership vote via conference call.

Thomas said it is unlikely the NDP can heal the rift and shoring up public support remains to be seen.

THE CANADIAN PRESS



A cabinet revolt has led to Premier Greg Selinger offering to put his leadership on the line at the NDP's annual convention in March. Selinger says his opponents are free to run against him. SHANE GIBSON/METRO

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Report says infant bodies found in trash bags, bucket

Locker find. Defence suggests that stillbirth determination may be matter of opinion

Police who searched a storage locker where six infant bodies were discovered said the remains were in kitchen garbage bags, plastic containers and, in one case, a pail.

Parts of a police report were read out in court Friday during a hearing over who should be allowed to observe the autopsies. The report said officers were called on Oct. 20 to a Winnipeg U-Haul facility after employees went into the locker, smelled a strong odour and saw "squishy bags."

One officer pried open a container and saw "limbs that belonged to an infant," said Crown attorney Debbie Buors.

She said the locker wasn't full of personal effects. It held only the bags and containers apparently meant for the sole purpose of storing the remains.

Andrea Giesbrecht was arrested soon after on four counts of homicide, but was charged with six counts of concealing a

body and one count of breaching probation. Giesbrecht, 40, showed little emotion as the details of what police found were discussed in court.

Greg Brodsky, Giesbrecht's lawyer, is trying to get a court order to allow a pathologist of his choosing to observe the autopsy, even though the medical examiner's office has said it is virtually complete.

At the hearing on Friday, Brodsky referred to the remains as "fetuses" and said they would not be considered people under the law if they turn out to be less than 20 weeks' gestation.

The autopsy also has to determine if the bodies were the result of stillbirth, he said. That determination may come down to a matter of opinion, Brodsky suggested.

"It's like a traffic accident," he told Judge Brian Corrin. "Two people see different things although they're looking at the same thing."

Thambirajah Balachandra, Manitoba's chief medical examiner, is opposed to Brodsky's request. He said it would be like having the accused in the examination room.

THE CANADIAN PRESS



A courtroom heard that the remains of six dead infants found in a storage locker were discovered in garbage bags, a pail and plastic containers. JOHN WOODS/THE CANADIAN PRESS

Feds cut ties to Native Firefighters group

The federal government has pulled funding from the Manitoba Association of Native Fire-fighters (MANFF) and says it will not renew an agreement with the organization.

The association had been given millions to care for flood and forest-fire evacuees but was audited by Aboriginal Af-

fairs and Northern Development Canada (AANDC) after allegations were made about money being squandered.

Earlier this year, the Red Cross was put in charge of the long-term care of about 2,000 people evacuated from reserves around the province in 2011. Many have never

been able to return to their homes and have been scattered around Winnipeg and other parts of the province, while officials try to find new and long-term housing.

A statement was issued Friday by AANDC Minister Valcourt saying that MANFF is in default of its agreement with

the federal government.

He says the organization has not proven they can competently deliver the services Manitoba First Nations deserve.

"We are immediately withholding funds from MANFF and have given them notice that the agreement will not be renewed," said Valcourt.

"Going forward, we continue to strongly encourage the province of Manitoba to negotiate an emergency-management agreement with the federal government so that together we can ensure First Nations receive the support they deserve."

CTV WINNIPEG/THE CANADIAN PRESS

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Police say a 16-year-old girl found beaten along the river walk near the Midtown Bridge Saturday was last seen walking toward the bridge from behind an apartment block at 340 Assiniboine Ave. SHANE GIBSON/METRO

Police seek help, say Winnipeg girl, 16, viciously attacked

Timeline. Police ask for public's help tracking victim's whereabouts before assault

Police want to speak with anyone who had contact with a teen in the hours before she was found beaten and possibly sexually assaulted near the Midtown Bridge Saturday.

The 16-year-old girl was rushed to hospital in unstable condition after a passerby found her on the river walk near the bridge around 7 a.m.

Police spokesman Const. Eric Hofley said the girl is now in stable condition, but she remains unable to speak with

detectives from the homicide unit, who were initially called in due to the severity of the assault.

"That's why investigators are making this plea," said Hofley. "What we're looking for is anyone that recognizes this person, that had seen her earlier in the night."

Hofley said the girl is from Winnipeg and hadn't been reported missing.

He said she was last been seen behind an apartment block next to the bridge at 340 Assiniboine Ave., but couldn't say what time she was last seen or what she was doing.

A resident of the apartment told Metro the parking lot behind the building had been a popular spot for those involved

in the city's drug and sex trade to park while the building sat vacant about a year ago.

She said things have changed a little now that the building is being used, but added police still do regular checks on the lot.

The victim is aboriginal, five-foot-eight, and 180 pounds with dark brown hair past the shoulders. She was wearing black leggings, white runners, a dark-coloured North Face hooded jacket and a black 'Wu-Tang' hoodie.

Anyone with information or who may have had contact with the victim should call investigators at 204-986-6508 or Winnipeg CrimeStoppers at 204-786-TIPS.

SHANE GIBSON/METRO

Suspect forced woman to work as an escort: Police

A Winnipeg man has been charged with human trafficking after a woman was allegedly forced to work as an escort.

Police spokesman Const. Eric Hofley said the suspect and a 25-year-old woman met in Winnipeg and later went to Brandon.

Once there, police allege, the man threatened her with violence should she not sell sexual services.

Hofley said the victim came forward to police and an investigation was launched.

"Members of our counter exploitation unit, they are out there and the Winnipeg Police Service has adopted a victim-first (policy), recognizing that these women are out there, they are being exploited," he said, adding the victim and suspect first went to Brandon in March.

"I don't think it was apparent to her at the time (in



Const. Eric Hofley answers reporters' questions on a human trafficking case during a press conference on Friday. BERNICE PONTANILLA/METRO

March) that this was what was going to transpire."

Police further allege he physically assaulted her at one point.

Dale Richard Aymont, who is 43, was arrested in downtown Winnipeg on

Thursday and remains in custody.

He faces a number of charges that include trafficking in persons, living on the avails of prostitution, assault and uttering threats.

BERNICE PONTANILLA/METRO

IN SUPPORT OF DUMB AND DUMBER



WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

probably should, but I won't budge.

I suppose in the interest of making myself appear cooler I could declare another far more credible film the greatest of all-time, but I would be lying.

Exactly zero pets' heads fell off in Citizen Kane. Sea Bass was encouraged to kick no ass in Lawrence of Arabia.

Nobody requested clarification on the Soup du Jour in Gone With The Wind. Casablanca referenced Big Gulps ... never.

And I'm sure the songs in Singing in the Rain are nice, but none are the

world's greatest duet of Mockingbird.

If Citizen Kane, Lawrence of Arabia, Gone With The Wind, Casablanca, Singing in the Rain, and Dumb and Dumber were all on TV at the exact same time, which would you watch? If you could only watch ONE of the above movies for the rest of your life, which would you choose?

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Longtime Transcona councillor Bernie Wolfe passes away at 91

'An honour to have known him.' Wolfe dedicated his life to public service

Political leaders are mourning the loss of a titan, Transcona's Bernie Wolfe, who passed away at age 91 on Thursday.

"Bernie was very strong-minded. His philosophy was 'Damn the torpedoes, full steam ahead' — that was Bernie," said recently re-elected Transcona Coun. Russ Wyatt, adding Wolfe knew his grandfather Willis Wyatt.

"(Wolfe) was always one to give good advice and to help, and he was a person who loved giving back ... I consider it an honour to have known him."

Wolfe, who received more than a dozen awards during his life, was a longtime school

trustee and city councillor, rising to deputy mayor in 1974 until 1977. He was also a staunch heritage advocate.

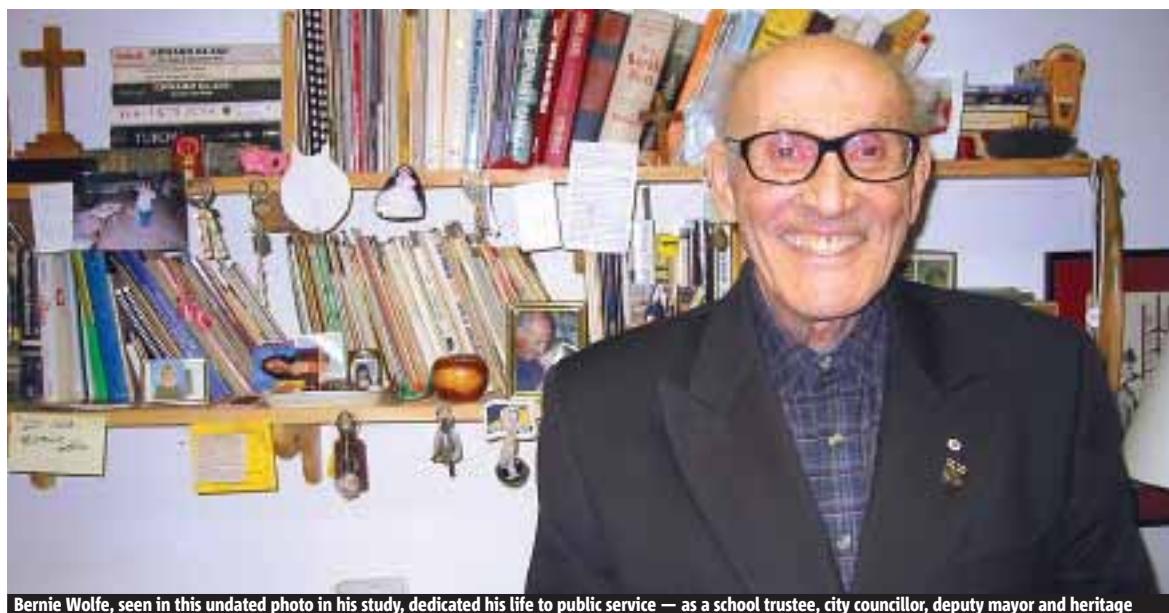
Wyatt said Wolfe provided him with crucial information on the St. Boniface Industrial Park — "He said that park was created for the purpose of medium and light industry, not heavy industry" — when it came to Olymel's unsuccessful bid to build a hog plant there back in 2005.

MLA and former Liberal Party leader Dr. Jon Gerrard said Wolfe mentored him when it came to local politics and historical events.

"Bernie was a mentor to me when it came to issues related to the city of Winnipeg," Gerrard told Metro in an email.

"I always enjoyed talking and visiting with Bernie because of the depth of his knowledge when it came to the history of Winnipeg."

BERNICE PONTANILLA/METRO



Bernie Wolfe, seen in this undated photo in his study, dedicated his life to public service — as a school trustee, city councillor, deputy mayor and heritage advocate in Winnipeg. COURTESY DR. JON GERRARD

TELEPHONE TOWN HALL MEETINGS

Share Your Ideas

Help us plan the next provincial budget

Manitoba's Minister of Finance wants to know what you think are the challenges and opportunities facing Manitoba families. We will be hosting two telephone town hall meetings that will allow you to vote on this year's budget priorities and have the opportunity to ask the minister questions.

Make yourself heard

The two one-hour meetings will take place on the following dates:

Winnipeg town hall – Thursday, November 20 between 7:00 p.m. and 8:00 p.m.

Rural Manitoba town hall – Friday, November 21 between 7:00 p.m. and 8:00 p.m.

Register by November 17

To register for one of these meetings or to complete the online survey, please visit Manitoba.ca

Manitoba

Lest we forget

Remembrance Day services abound in city

A number of ceremonies are planned across Winnipeg Tuesday to honour and remember Canada's veterans.

The city's biggest will be at RBC Convention Centre. The ceremony, hosted by the Joint Veterans Association of Manitoba, gets underway at 10:15 a.m.

The annual Royal Winnipeg Rifles Remembrance Day Ceremony is scheduled to start at 10:30 a.m. at Vimy Ridge Park.

Veterans of both World Wars will be remembered at the Valour Road Memorial Site at the corner of Valour Road and Sargent Avenue from 10:45 a.m. to 11:45 a.m.

Services are also planned at many Winnipeg Royal Canadian Legion branches, including the Transcona legion, which will hold its annual Remembrance Day parade and service starting with a march to the Blessed Sacrament Church starting at 10:20 a.m.

For more information on what's planned in Winnipeg for Remembrance Day, go to veterans.gc.ca. METRO



Oh, Christmas tree!

About a dozen people braved a chilly November Sunday to watch as Winnipeg City Hall's new Christmas tree was lowered into place. The 40-foot tall Colorado blue spruce is estimated to be about 50 years old and was chopped down from Boris Todoruk's yard on Springfield Road earlier in the morning. City workers will spend the next few days trimming the tree with 9,000 LED lights before the tree lighting Nov. 14 at 6 p.m. SHANE GIBSON/METRO

Kinder Morgan opponents can't keep a straight face

Snarling selfies.

Scores take to social media to face off with energy giant over court argument that dirty looks can be assault

Bulging eyes, scrunched noses, bared teeth — anti-oil pipeline protesters are facing off against energy giant Kinder Morgan with the meanest mugs they can muster.

Scores are posting snarling selfies online after legal arguments made in B.C. Supreme Court last week that facial expressions constitute assault.

Kinder Morgan lawyer Bill Kaplan told the court that activists who have blocked a subsidiary pipeline builder in a Vancouver conservation area obstructed workers in part by making faces. Millions in damages are being sought.

A social media meme pok-



Michael Haney, left, and Allison Warden pose in photos posted on Twitter with the hashtag #kmface. Scores of people are posting snarling selfies online after legal arguments made in B.C. Supreme Court last week that facial expressions constitute assault. TWITTER/THE CANADIAN PRESS

ing fun at the assertion has gone viral. Professed environmental advocates, random members of the public, at least one of the defendants and Vancouver Mayor Gregor Robertson have uploaded interpretive photos dubbed the "Kinder Morgan face."

"It feels a little bit like Kinder Morgan are stepping in it," said Stephen Collis, one

of five defendants named in two legal actions, adding he finds the joke hilarious.

"This is one of the ones where they really did put their foot in their mouth. People are going to pick up on that."

Three days of hearings into an injunction application against the protesters wrapped up Friday, with a

judge reserving his decision until Nov. 17.

Kaplan had argued the defendants conspired against Kinder Morgan, employing social media and telephone networks to harm the oil company and pipeline builder Trans Mountain as it seeks to nearly triple capacity by expanding a route under Burnaby Mountain. He entered into evidence photographs of protesters wearing facial expressions he said demonstrate anger and violence.

"One of the things I will argue is that is not only intimidation, but that is actually an assault," he said on Wednesday.

Defendant Lynne Quarmby said the Kinder Morgan face meme points to the "absurdity" of the legal arguments. She was asked whether she felt the trend could cause any harm.

"In that silly thing going viral? No! It's like cute cat videos, my goodness."

THE CANADIAN PRESS



PM raises 'important' issues with leadership in Beijing

Canadian Prime Minister Stephen Harper meets with Chinese President Xi Jinping on Sunday in Beijing. Harper said Sunday he's raised a litany of concerns in his meetings with the country's leadership over the past few days, insisting he's only forging closer ties with China to benefit Canada. "You can rest assured that every single item that is important in the area of consular issues, human rights, governance, the rights of minorities — I have raised every single one of those," Harper said. ADRIAN WYLD/THE CANADIAN PRESS

B.C. Driver who hit moose found liable after another truck hits the same animal

A driver in northern British Columbia who hit a moose on a wintry night has been found liable for a subsequent head-on crash that began when another driver ran over the same moose.

The recent judgment by B.C. Supreme Court Justice Jeanne Watchuk sets out the legal liability of motorists who collide with large animals crossing B.C.'s highways. The judge found drivers who hit a moose have a duty to warn approaching vehicles of the hazard.

The accident occurred on the Alaska Highway between Dawson Creek and Fort St. John in February 2011.

Harris Wheeler was driving north in his Ford truck when he hit the moose. He recalled slamming on his brakes but being unable to avoid the large animal.

The moose, dead or wounded, was prone on the highway in the dark when, at least nine minutes later, Aron Walter, also driving north, ran over the moose, causing him to lose control of his own Ford truck.

Walter's vehicle crossed the centre line and went into the southbound lane, where it col-

lided head-on with a Chevrolet Avalanche driven by Raymond Ziemer. Ziemer's wife and four-month-old baby were also in the vehicle.

Wheeler testified that he initially pulled over to the side of the highway after hitting the moose, to check what kind of damage it did to his truck.

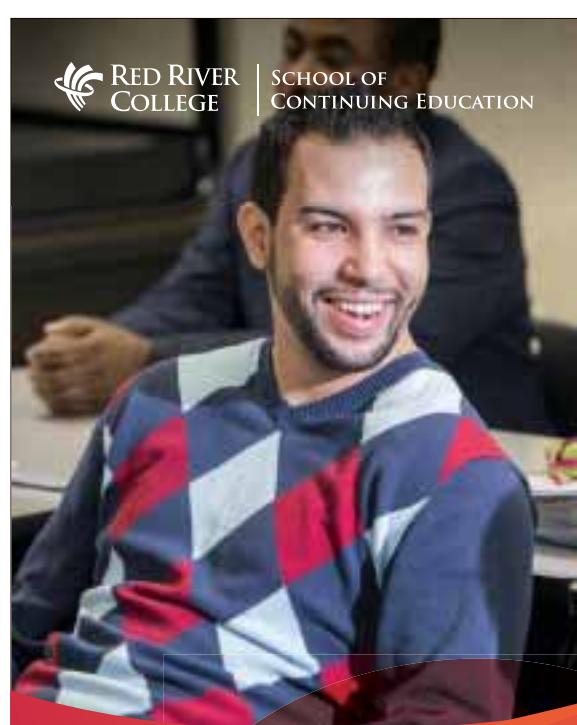
He said he then got back in and drove down the highway, looking for a safe place to turn around before returning to the accident scene minutes later.

By the time he arrived at the scene, the second accident had already happened and another motorist had stopped and was calling 911.

The judge said Wheeler, who was driving a truck with so many exterior lights that it was described as being "lit up like a Christmas tree," had a duty to warn oncoming drivers of the hazard on the road.

Wheeler could have backed up so his headlights illuminated the moose on the road and turned on his flashing hazard lights, the judge said, adding Wheeler also had both a flashlight and flares in his vehicle, which could have been used.

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Last Canadian soldier shot dead just 2 minutes before end of WWI

Armistice went into effect Nov. 11, 1918, at 11 a.m. Soldier was part of the last allied push that broke the German army

George Lawrence Price was a typical Canadian soldier in the First World War, except for the timing of his death.

He holds the sad distinction of being the last Canadian and last Commonwealth soldier to die in the conflict that claimed more than 60,000 Canadians in its four years.

A total of 10,000 men were killed, wounded or listed as missing from all participating armies on the last day of the war, according to historical records.

Price, a 25-year-old farm labourer before he enlisted, was struck by a single shot

and killed two minutes before the 11 a.m. armistice went into effect on Nov. 11, 1918. A native of Port Williams, N.S., he moved to Moose Jaw, Sask., as a young man and joined the army there in October 1917.

On Nov. 11, Price was part of the Canadian advance through the outskirts of Mons in Belgium, where one of the earliest battles of the war had been fought in 1914 and where the first British soldier had been killed.

"They were clearing through the village and people in the village told them to be careful, the Germans are still here," said Maj. Jim McKillip, a historian with the Canadian Forces directorate of history and heritage. "He pushed on anyway and he got shot."

Author James McWilliams, in a 1980 Reader's Digest article entitled The Last Patrol, reported that Price and several colleagues were check-



Grade 6 students from Rockheights Middle School, accompanied by Canadian Forces personnel, place more than 2,000 poppies on military gravesites at God's Acre Veterans Cemetery in Victoria, B.C. Friday. No Stone Left Alone is an initiative that honours and recognizes the sacrifice that Canadian military men and women made while serving Canada. CHAD HIPOLITO/THE CANADIAN PRESS

ing out possible German machine-gun nests in the village

when the enemy opened fire. Civilians waved to the Can-

adians, urging them to take shelter in their home.

"George was facing me," fellow soldier Art Goodworthy told McWilliams. "And I was saying something to him when all of a sudden BANG! He fell forward into my arms. I could have cried. It was not an accidental shot. It was a sniper from way up to the end of the street."

The Americans say one of their soldiers, Pte. Henry Gunther, was the last to die in the war. The Baltimore native, who was of German descent, was part of a charge against surprised German troops who tried to warn the Americans off because they knew the ceasefire was approaching.

McKillip said there are accounts that the Germans called out to the Americans, waved at them and even fired a burst from a machine-gun into the air to get them to back off, shooting at the U.S. troops only when they began to shoot at the Germans.

THE CANADIAN PRESS

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How the poppy became symbol of remembrance

They've gone from the battlefields of the First World War to the buttonholes of thousands around the world.

Pinning small red and black poppies onto clothing in the weeks leading up to Remembrance Day became entrenched as a symbol of remembrance a few years after the publication of Canadian Lt.-Col. John McCrae's 1915 poem In Flanders Fields.

McCrae's text — which begins and ends with references to the poppies in battlefields in the Flanders region in Belgium — inspired an American woman named Moina Michael in the last year of the war to wear a red poppy as an emblem of respect and remembrance for those who died in the First World War.

Michael then led a campaign to have the American Legion recognize the poppy as the official symbol of remembrance in 1920.

Meanwhile, Anne Guerin, a French woman who was inspired by Michael's example and McCrae's poem, began selling cloth versions of the poppy through her organization — the American and

Canada's war dead



A woman purchases a poppy in Ottawa on Friday.
JUSTIN TANG/THE CANADIAN PRESS

- **First World War (1914-1918):** About 650,000 served; about 66,000 died.

Canada's war dead

- **Second World War (1939-1945):** More than one million served; more than 45,000 killed.

Korean War (1950-1953): 26,791 soldiers served; 516 died.

- **Afghanistan (2002-2011):** 158 died over course of nine-year mission.

French Children's League — to help raise money for war-torn areas in Europe.

Guerin then travelled to Britain and Canada in 1921 and convinced the British Legion and the Canadian Great War Veterans Association, which was a predecessor of the Royal Canadian Legion, to adopt the poppy as their symbol of remembrance.

The flower was adopted as a symbol of remembrance in Australia that year as well. While the first artificial

poppies came to Canada from Guerin's organization in France, by 1922 they were made locally at Vetcraft shops staffed by disabled soldiers and run by Veterans Affairs Canada.

Production of the poppies has since shifted to a company in Ottawa that manufactures them year-round for the Royal Canadian Legion, which was granted trademark copyright of the poppy symbol in Canada in 1948.

THE CANADIAN PRESS



Prince Harry pays tribute to veterans of Afghan combat

Prince Harry lays a poppy wreath as he joins British troops and service personnel who remain in Afghanistan and International Security Assistance Force (ISAF) personnel and civilians as they gather for a Remembrance Sunday service at Kandahar airfield in Afghanistan. Harry, a veteran of Afghanistan combat, placed a handwritten note on the wreath he placed that said: "There is no greater love than to lay down one's life for one's friends. They will never be forgotten. Harry." MATT CARDY/GETTY IMAGES

Tower of London poppy display draws crowds

Parts of a display of almost a million ceramic poppies that have filled the Tower of London moat to mark the centenary of the First World War will be preserved and go on tour, organizers in London, England, said Saturday.

The temporary installation, titled Blood Swept Lands and Seas of Red, has generated intense interest, with thousands lining up daily to look since it opened in August. Each of the 888,246 poppies represents a service member from Britain or its empire killed in the Great War.

Organizers estimate four million people will have visited the display by Tuesday, known in the U.K. as Armistice Day, the anniversary of the end of the First World War on Nov. 11, 1918.

The poppies are due to be removed starting the next day, and sent to people who have bought them in return for donations to military charities.

But there have been calls from politicians and members of the public to keep the installation open longer.

Prime Minister David Cameron visited the site Sat-



Crowds of visitors view the Blood Swept Lands and Seas of Red installation in the moat of the Tower of London on Sunday in London, England.

PETER MACDIARMID/GETTY IMAGES

Counting the dead

888,246

The number of ceramic poppies that fill the Tower of London moat. Each of the 888,246 poppies represents a service member from Britain or its empire killed in the First World War

urday, saying it had become

a "much loved and respected monument."

Cameron said parts of the display, including a "wave" of poppies rising beside an entrance to the centuries-old Tower, would remain until the end of the month before going on a national tour. They eventually will be preserved in the Imperial War Museum. THE ASSOCIATED PRESS



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A life among the dead. 86-year-old watches over fallen Serbs in Greece

Stooped and unsteady, Djordje Mihailovic walks among rows of discoloured marble crosses of Serb soldiers slain a century ago in the horrors of the First World War.

For over half a century, the 86-year-old has been a caretaker at Thessaloniki's Allied War Cemetery in northern Greece. In the centenary year of the start of First World War, Mihailovic is ever more the embodiment of remembrance as another Nov. 11 Armistice Day approaches.

"This is my family," he said of the remains beneath the soil. "I know many of the names of the soldiers here and many of their stories.

"Now I tell them to their grandchildren and the great grandchildren," he said of the Serb visitors who make the pilgrimage to the site.

Mihailovic also has real family buried here: his grandfather, a First World War veteran who became the cemetery's first care-



Cemetery keeper Djordje Mihailovic leans over a grave at the Zeitenlik Allied War Cemetery in Thessaloniki, Greece. THE ASSOCIATED PRESS FILE

taker, and his father, who succeeded him. Mihailovic intends to work here until he dies, and then be buried here, too.

Serbia, involved in the war from the very beginning, had an army of about 350,000 soldiers, of whom some 130,000 died, outnumbered as they fought off an Austro-Hungarian invasion for more than a year before Germany and neighbour Bulgaria joined the onslaught.

THE ASSOCIATED PRESS

Tobacco prohibition

Mass. city mulling ban on tobacco

The sleepy central Massachusetts town of Westminister has become an improbable battleground in America's tobacco wars. The Board of Health will hold a public hearing Wednesday on a proposed regulation that could make Westminister the first municipality in the United States to ban the sale of all tobacco products.

THE ASSOCIATED PRESS

Lucky pair

Mom recovering after embolism during C-section

A Florida mother is home and tending to her infant less than a month after surviving without a pulse for 45 minutes following complications from a routine caesarean section.

A Boca Raton Regional Hospital spokesman told The Associated Press Sunday that medical workers spent three hours trying to revive the woman after a rare, circulation-stopping and commonly fatal amniotic fluid embolism.

Graupera-Cassimiro gave birth to a healthy daughter.

THE ASSOCIATED PRESS

Israel

Shooting of man, 22, fuels protest

Israeli police went on heightened alert Sunday following protests across the country over the fatal shooting of a 22-year-old Arab Israeli who appeared in video footage to be retreating from police, as the prime minister vowed a tough response to further unrest.

"Israel is a nation of law. Whoever violates the law will be punished severely. We will not tolerate disturbances," said Israeli Prime Minister Benjamin Netanyahu.

THE ASSOCIATED PRESS

North Korea

Bae arrives home following release

Kenneth Bae, a Korean-American missionary with health problems, arrived home after two years in prison in North Korea. He thanked the U.S. government for securing his release.

THE ASSOCIATED PRESS



The Brandenburg Gate stands illuminated during celebrations of the fall of the Berlin Wall on Sunday in Berlin. The city is commemorating the 25th anniversary of the fall of the Wall, with an installation of 6,800 lamps coupled with illuminated balloons along a 15-kilometre route where the wall once ran and divided the city into the capitalist West and communist East. Its dismantling in 1989 was symbolic of the revolutions sweeping through Soviet-controlled countries, heralding the end of the Cold War. SEAN GALLUP/GETTY IMAGES

Germany commemorates 25 years since the Wall fell

'Reclaiming freedom.'

Celebrations mark a quarter-century since Germany declared its unity, freedom from Soviet influence

jailed for trying to escape.

German Chancellor Angela Merkel honoured their memory and paid tribute to those who helped bring down the Wall, calling its collapse an example of the human yearning for freedom.

On the night of Nov. 9, 1989, thousands of East Berliners streamed through the once-closed border crossings after Communist authorities caved in to mounting pressure and relaxed travel restrictions that had kept their citizens from going to the West for decades.

"It was about reclaiming freedom, about being citizens, not subjects," Merkel said at the main memorial site for the Wall on Bernauer Strasse.

The protests in East Germany were spurred by changes that had already taken place elsewhere in Eastern Europe, she said, citing the examples set by democracy movements in Poland, Czechoslovakia and Hungary.

Others weren't so fortunate. During its 28-year existence, at least 138 people died at the Wall, and hundreds more were



Hulda, 3, puts flowers in a crack of the former Berlin Wall to commemorate those who died trying to cross the wall during the Cold War at the Berlin Wall memorial site at Bernauer Strasse on Sunday. MARKUS SCHREIBER/THE ASSOCIATED PRESS

Germany's history

While the fall of the Berlin Wall on Nov. 9, 1989, is a historically significant moment, German Chancellor Angela Merkel noted another critical event in the country's history that also occurred on Nov. 9.

- The Night of Broken Glass.** On Nov. 9, 1938, Germany paramilitaries launched a pogrom (a violent riot aimed to persecute or massacre ethnic and religious groups) against Germany's Jewish population.
- An opening note.** Merkel believes that while Nov. 9 marks the country's will to be free, it carries the weight of knowing it represents the beginning of the death of millions: "I feel not just joy, but the responsibility that German history burdens us with."

come true," said Merkel, who grew up in East Germany.

"Nothing has to stay the way it is, however big the hurdles are."

Activists staged a small demonstration during the memorial event, holding up a banner with the words "No wall around Europe" to protest the treatment of refugees trying to

reach the continent.

A million people were expected to attend Sunday's festivities in Berlin, which included an open-air party at the city's Brandenburg Gate and the release of hundreds of helium-filled balloons strung along a 15-kilometre stretch of the former border.

THE ASSOCIATED PRESS

Heavy artillery fire rekindles fear of full-out war in Ukraine

Rebel-held Donetsk shaken. Early Sunday explosions destroyed four buildings

The heaviest shelling in recent weeks has shaken the main city in Ukraine's rebel-held east, heightening worry about the renewal of full-scale conflict despite a ceasefire signed two months ago between Ukraine and Russia-backed separatists.

Artillery explosions roared throughout the early hours of Sunday in Donetsk, quietening only after sunrise. A city council statement said four residential buildings were destroyed, but it didn't give information on casualties.

The ceasefire called on Sept. 5 has been violated

Possibly more coming

80

Associated Press reporters saw more than 80 military vehicles on the move Saturday in separatist-controlled areas of Ukraine, indicating intensified hostilities may lie ahead.

almost daily. Some of the heaviest fighting focuses on Donetsk's airport.

On Saturday, Associated Press reporters saw scores of military vehicles moving near Donetsk and farther to the east.

Many of the unmarked vehicles were towing artillery. Ukrainian officials say rebel forces have received new weaponry and manpower from Russia. Moscow denies such claims.

THE ASSOCIATED PRESS



Unmarked military vehicles parked on a road outside the separatist rebel-held eastern Ukrainian town of Snizhne, 80 kilometres from Donetsk on Saturday.
MSTYSLAV CHERNOV/THE ASSOCIATED PRESS

Loophole. Canada gets away with visa ban, but goes against spirit of rules

Canada appears to have used a loophole — a rather large one — to justify to the World Health Organization its decision to stop issuing visas to residents and nationals of Ebola-affected countries.

The global health agency says Canada's new policy contravenes the spirit if not the letter of the International Health Regulations, but there is little the WHO can do about it.

International health law experts have said Canada's policy, announced Oct. 31, is a violation of the International Health Regulations, known as the IHR.

That treaty stipulates that in a global public health emergency, countries shouldn't take actions that impede international trade or travel beyond what the World Health Organization has recommended. And if they do, the WHO can ask them for the scientific evidence underpinning the move.

For months the global health agency has been urging countries not to restrict travel to and from Guinea, Sierra Leone and Liberia, saying the combination of border closures and the sharp decline in flights to those countries is hindering efforts to contain the epidemic.

The WHO's official written guidance says there should be



Health-care workers carry the body of a man suspected of dying from Ebola, outside Monrovia, Liberia, on Saturday. ABBAS DULLEH/THE ASSOCIATED PRESS

"no general ban on international travel or trade."

When Canada announced its new policy, the WHO asked for an explanation. A teleconference between Canadian and WHO officials took place Thursday, at which point the Canadians insisted the new restrictions do not constitute a general ban.

The visa policy does not apply to Canadians. So travel between West Africa and Canada by health-care workers who are volunteering to help in the Ebola effort is not affected. Likewise it does not apply to holders of visas that have already been issued but not yet used.

A comment on the meeting sent by email on Friday from Citizenship and Immigration Canada appeared to suggest the WHO was fine with the Canadian visa restrictions.

But on Saturday, a senior WHO official said that while the agency must concede the Canadian restrictions don't represent a general ban on travel, the guidance should not be interpreted as a green light to impose partial bans.

"In keeping with the spirit of IHR, this goes beyond what IHR says," said Dr. Isabelle Nutall, head of the WHO's department of global capacities alert and response. THE ASSOCIATED PRESS



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desperately
seeks a home



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Snow Leopard © Shutterstock

Pay for your purchase in a heartbeat via a wristband?

Pilot project. Soon you may be able to buy things with a tap of a wristband that identifies you via your unique heartbeat

You've heard of paying retailers with the tap of a smartphone, but Royal Bank thinks shoppers are ready to take another big step: wearing payment options on their wrist.

The bank has paired with Toronto-based technology developer Bionym to test a wristband called Nymi, which identifies owners through their unique heartbeat and then lets them charge purchases to their credit card.

The device looks like a watch, and will soon grace the wrists of 250 RBC clients and staff under a pilot project in Toronto that runs through February.



A Royal Bank wristband is used for payment in this handout photo. BLUESKY COMM/HANDOUT/THE CANADIAN PRESS

Eventually, the bank hopes to roll out its RBC PayBand across the country.

Royal Bank is focusing more on payment technology in an effort to intro-

duce more options, said Jeremy Bornstein, head of the bank's payments innovation operations.

"We've been keenly looking at the wearable space

for quite some time," he said in a recent phone interview from the Money 2020 financial innovation convention in Las Vegas.

THE CANADIAN PRESS

Seeing green. B.C. First Nation may grow medical marijuana on its reserve

When Elaine Alec started door-knocking in her First Nation community to ask families and respected elders if they would approve of an on-reserve medical marijuana grow-op, she braced herself for the worst.

"My first line was: 'So, what do you think of medical marijuana?'" said Alec, a planning and community engagement specialist with the Penticton Indian Band in British Columbia's Interior.

"I was completely surprised that people would get a look of thought on their faces and were thinking about it. They would

say, 'I think that's a good idea.'"

Now, the band's proposal to build a medical pot facility is moving forward with substantial community support, as the First Nation looks at growing a cannabis strain that caters specifically to health conditions affecting indigenous populations.

If members approve the plan, the band would become the first aboriginal producer to become federally licensed in Western Canada, paving the way for what its business partner hopes will become a cross-country model.

THE CANADIAN PRESS



A greenhouse in British Columbia. The Penticton Indian Band in B.C.'s Interior is considering growing marijuana. BW GREENHOUSE/HANDOUT/THE CANADIAN PRESS

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Knowledge is power. Take advantage of this opportunity to build a brighter future now. Invest in your personal growth.

HOW TO FIX THE 'PEG'S BROKEN ELECTION LAWS

They've been sworn in. They've found the bathroom. Now the next thing Winnipeg's new batch of councillors should do is make it a lot harder for themselves to get back to city hall in four years.

Regardless of how they got there, everyone on council knows the city's election laws are wickedly tilted in favour of incumbents. That's why we're all surprised when someone like Shawn Dobson knocks off Grant Nordman, or Cindy Gilroy defeats Harvey Smith.

So while they all still have that new council smell, and are filled with optimism and joy, councillors should work together to make a few simple changes to ensure future elections are truly democratic.

For example, challengers currently aren't allowed to spend a dime on their campaigns until the official registration period begins (May 1 for mayor, June 30 for council), while sitting councillors can continue spending their taxpayer-funded ward allowan-



URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

ces to promote themselves right up until then. **The fix:** Extend the registration period to Jan. 1. While councillors aren't allowed to spend city money on new advertising after June 30 of an election year, a loophole in the regulations allows them to keep promoting themselves on bus benches and recycling bins bought through an annual contract. And the ads don't need to be claimed as an election expense.

Note that Elections Canada tried to prevent a pair of Manitoba MPs — James Bezan and Shelly Glover — from sitting in the House of Commons for similar behaviour, but it's perfectly fine with the City of Winnipeg. **The fix:** Extend the advertising ban to all forms of ads. Incumbents are also allowed to re-use lawn signs from one election to the next without it counting

against their campaign expense limits. So while challengers have to use thousands of dollars of their own budgets for signs, incumbents can use that room for other activities. In effect, incumbents are allowed to spend more on their election campaigns than their opponents.

That's not how things are done at the provincial level, where re-using old campaign signs is charged as a campaign expense at fair market value. **The fix:** Copy the provincial law.

Finally, this election saw several councillors participate in funding announcements and ribbon cuttings a few weeks before voting began. Obviously announcing significant new money for a community facility — and the corresponding media coverage — gives an incumbent a significant leg up over his or her opponents.

Once again, this activity is outlawed at the provincial level, where there's a ban on government advertising and announcements for 90 days before an election. **The fix:** Copy the provincial law. If city representatives are needed at announcements, send the CAO or department director.

These changes would level the playing field, they'd complement Mayor Bowman's proposal to prevent councillors from spending ward allowances on golf tournaments and fundraising dinners, and they'd demonstrate council's commitment to fairness and transparency. Councillors have the next four years to prove themselves worthy of being re-elected. They shouldn't need any extra advantage.

Comments

RE: NDP Deputy Leader Megan Leslie says Liberals Could Have Kept 'Misconduct' Quiet, published online Nov. 8, 2014

Not a big Trudeau fan (though less of a Harper fan), but the NDP is staking out the wrong ground on this one. Seriously wrong.

I don't want to downplay the potential for harm if someone is wrongly accused, but that problem exists with all crimes, not just sexual misconduct.

Trudeau acted properly and no victims have been named. So it kind of makes you wonder what it is that the NDP is upset about. When it finally occurs to them how stupid they look in all of this (not to mention that they are actually claiming that perpetrators of sexual harassment and assault need their privacy).

Megan doth protest too much, methinks.

Jeffzoo,
posted to metronews.ca

While harassment allegations are nothing to take lightly, I feel as though given the NDP's reaction to try to make political hay out of Trudeau doing the right thing is beyond contemptible.

I'm also convinced that had Trudeau tried to handle it quietly and internally, they would have attacked him for not taking the allegations seriously, and trying to cover it up.

Mulcair is coming off as amazingly greasy in this whole

manufactured scandal, while Trudeau did the only thing he could — act like the leader of his party and suspend the MPs in question and be open and honest about why he was doing it. I am not sure how the women in question wouldn't feel safe by the actions

Playing politics?

I'm also convinced that had Trudeau tried to handle it quietly and internally, they would have attacked him for not taking the allegations seriously

taken ... they were not named, shamed, or brushed aside. Their allegations are being taken seriously and being looked into accordingly.

Baldurdash,
posted to metronews.ca

RE: Mikhail Gorbachev Warns World 'On Brink of New Cold War,' published online Nov. 8, 2014

Russia invades Ukraine, new Cold War. America invades and destabilizes (countries in the) Middle East, no problem, they are the good guys.

chain n,
posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your thoughts: winnipegletters@metronews.ca

Hurray for 7-5-3 day



A kimono-clad girl has lipstick applied during a festival at Meiji Jingu Shrine in Tokyo over the weekend. KOJI SASAHARA/THE ASSOCIATED PRESS

Children of certain ages celebrated

Shichi-go-san (7-5-3) is a Japanese festival for children who are 3, 5, and 7 years old, as the name suggests.

The official date is Nov. 15, but as it's not a national holiday, most families will hold their

festivities on the nearest weekend instead.

Parents will take their children to a local Shinto shrine. There, they pray for the well-being of their children.

Usually a purification rite is also performed during the festival.

ZOOMINGJAPAN.COM

Milestones

- **Age 3.** During the samurai era, kids would have their heads shaved at birth. At 3, they were finally allowed to grow it.
- **Age 5.** Boys put on a hakama for the first time in public.
- **Age 7.** Girls began using an obi sash to tie their kimono.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 19 in Play.



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The World of Ice & Fire

By George R.R. Martin, Elio Garcia, Linda Antonsson

Kindle/iBooks/Kobo

• • • •

Although it lacks the intimacy of the novels, this beautifully illustrated Game of Thrones history conveys entertaining tales of incest, betrayal and clever turnarounds. Through summarized stories and lines of lineage, you get a sense of the extreme personalities involved, along with satisfying revelations about Valyrian dragons, the children of the forest and the Iron Throne. KRIS ABEL

Movies

Interstellar, Big Hero 6 lead way

A team of Marvel characters rocketed past a group of astronauts at the weekend box office. Disney's Big Hero 6 debuted in first place with \$56.2 million US, while the Paramount and Warner Bros. space saga Interstellar was second with \$50 million.

THE ASSOCIATED PRESS

Television

Shield spinoff will focus on Peggy Carter

ABC will premiere the new Agents of S.H.I.E.L.D. spinoff series, Agent Carter, on Jan. 6. Viewers will get to know more about Peggy Carter, played by Hayley Atwell. In 1946, Peggy takes on an administrative position at the Strategic Scientific Reserve. But she also carries out secret missions for Howard Stark, the father of Tony Stark (a.k.a. Iron Man). At the same time, she tries to recover from the loss of her true love, Steve Rogers, better known to Marvel fans as Captain America. AFP

Ebooks

There is nothing dirty about being paid for art

Q&A. Amanda Palmer discusses her new book *The Art of Asking*, and her days as a street performer

LISA WEIDENFELD
Metro in Boston

Singer Amanda Palmer has had a busy few years. After splitting from her record company, she decided to fund her next album through Kickstarter. What followed was crazy crowdfunding success, a scandal about whether she was paying the amateur musicians she invited to join her onstage, a wedding to novelist Neil Gaiman and the illness of her longtime friend and confidante, Anthony Martignetti.

At the end of it all, Palmer gave a popular TED talk about how important it is for artists to be open to asking for money for their work, and now, just out, is her new book, *The Art of Asking*, which covers everything from her days of being a street performer to what it's like to be married to a successful novelist. (Though her book tour is just kicking off, it's not without controversy — after initially posting on Facebook that ex-CBC host Jian Ghomeshi would still be attending her Nov. 25 event in Toronto, Palmer uninvited him.)

Why do people have a hard time with the connection between art and money?

It's like the intersection of love and money. We have a romance about one, and

You might be suspicious of a cookbook spawned from the sketch comedy series *Portlandia*, which lampoons the more eccentric elements of life in Portland, Ore., but series stars Carrie Brownstein and Fred Armisen assure us the Portland food scene is nothing to joke about.

"It really has its own signature on cuisine, I can't believe it. It also doesn't toot its own horn about (its) own food," Armisen says.

And, according to Brownstein, that culture extends to the book itself. "We're not try-



a pragmatic idea about the other, and it's hard to see them merge. We don't like getting our art dirty. As human beings, we really compartmentalize the money department and the art department, when in fact those things are often interconnected and undeniably linked. So it can be difficult for a lot of artists to even just talk about it be-

cause they want to keep those compartments separate.

What made you decide to speak up about this issue?

I don't know if there was necessarily a moment when I decided to speak up about it. It was more a question of being called upon ... I despise being told what to do, and I didn't respond very positively to being bossed around by

Quoted

"I really do think being a street performer gave me asking balls of steel."

Amanda Palmer, singer and author, on her early days as 'the 8-foot bride'

corporate labels. So I was forced into a position of, just by necessity, running my own business and defending my decisions to people.

Are you worried people are already too aware of what you're writing about?

A lot of the stuff in the book is not stuff I've covered or blogged about. I rarely talk about my real relationship with Neil. I've rarely touched on my relationship with Anthony. I haven't talked a lot on my blog about the old days. The beginning, and my childhood, and the 8-foot bride (street performance) and that sort of stuff ... It's a story of the course of a couple of years and what happens leading up to the Kickstarter and the ensuing controversy and Anthony's illness.

How different do you think you'd be if you hadn't been a street performer?

I don't think I'd be as open. That may be my retro, romantic opinion, but I really do think being a street performer gave me asking balls of steel ... There is an education about humanity and about perseverance that you get as a street performer that you just don't get anywhere else, because you have to just f—king deal with whatever happens to you.

TV. Celebrating Portlandia food – minus the totchos

ing to take it too seriously, but if you want to use it as a legitimate cookbook, it completely functions as that," she says.

"There are genuine recipes in there that are legitimately tasty. I think for new cooks or cooks who are just starting out, it's a good way because a lot of it is comfort food."

The only thing seemingly missing from the *Portlandia* Cookbook? Totchos — nachos made with tater-tots — a staple at bars around the city.

"Oh yeah, totchos! I have had totchos at the Florida Room. It's the best late-night

bar food," Brownstein says. Maybe for the next book.

For a sample of what the book does have to offer, the authors suggest the Bird in a Grilled Cheese Nest. "I love eggs on anything, and Portland is very egg-y now," Armisen says.

Brownstein likes the dish for its simplicity. "This is something that just requires bread and cheese and egg. It's all the ingredients I like, and it's kind of like a fancy grilled cheese," she says. "I'm sorry, yes, it's carb-heavy. You can follow that up with a big steak!"

NED EHRBAR/METRO IN HOLLYWOOD



Carrie Brownstein and Fred Armisen have co-authored a cookbook.

Unreel: Zuckerberg never clicked 'like' on Facebook flick

In not-so-surprising news, Mark Zuckerberg didn't enjoy watching *The Social Network*. The topic of the David Fincher-directed, Aaron Sorkin-written film about the founding of Facebook came up during a live Facebook Q&A recently when an audience member asked Zuckerberg how accurate the movie was.

"Wow, I haven't spent a lot of time thinking about that movie in a while. I kind of blocked that one out. It was a very interesting experience to watch a movie that was supposedly about my life," Zuckerberg said. "They went out of their way in the movie to try to get some interesting details correct, like the design of the office, but on the overarching plot, in terms of why we're building



Mark Zuckerberg
ALL PHOTOS GETTY IMAGES

Facebook to help connect the world, or how we did it, they just kind of made up a bunch of stuff that I found kind of hurtful."

Sorkin says he's throwing in towel on TV world

Speaking of Aaron Sorkin: Hey, did you like the premiere of the final season of *The Newsroom*? Well, enjoy it, because that's all the Aaron Sorkin-created TV you're getting. The man behind the *West Wing*, *Sports Night* and *Studio 60* on the *Sunset Strip* says he's taking his show-running ball and going home. "I know the whole 'Never say never' stuff, but I'm pretty certain I'm about to write my last three episodes of television,"

Sorkin tells the L.A. Times. "I've had much more failure, as traditionally measured, than success in television. I've done four shows, and only one of them was the *West Wing*." So if you need your fill of cantankerous, hard-nosed angels fighting injustice with giant vocabularies alongside female colleagues who are always wrong and disastrously preoccupied with their love lives, you'll just have to turn to Netflix.

Not so Grande in gift-giving department



STARGAZING
Malene Arpe
scene@metronews.ca

Somebody keeps sending Ariana Grande bad gifts, including a 20-kilogram pumpkin, Yankee candles, dog and cat calendars, a three-piece mirror set from Kmart and a \$200 anklet from Kay Jewelers. Surprisingly, it's a 29-year-old old guy — and not your aunt who watches way too much *Wheel of Fortune* and names all the squirrels and sparrows in her garden.

Gwyneth Paltrow's

GOOP is reportedly \$1.86 million US in debt. Don't worry too much. It's linen-wrapped, monogrammed debt.

Amal Alamuddin has been nominated for a British Style Award. She's a nominee in three different categories: Best Dress Worn While Marrying George Clooney, Best Fancy Hairdo While Standing Next to George Clooney and Cute Shoes.

Jennifer Lopez admits that Ben Affleck was her first big heartbreak. Mine, too. But that was mostly because of *Daredevil*.

Iggy Azalea accidentally flashes a group of 13-year-olds while performing at a Bar Mitzvah. Today you are man who has already seen way too much.



Andy Dick

Chain reaction: Andy Dick arrested after alleged jewelry theft

Andy Dick is in trouble with the law, which I know really shouldn't count as news, but there you go. So what did the ever-volatile comic do this time? Dick allegedly stole a necklace from a man after an encounter on Hollywood Boulevard last week, according to TMZ. That encounter apparently consisted of Dick riding up to the guy on his bicycle and asking if he could see his chain, reportedly valued at \$1,000. Recognizing Dick as a famous person, the guy said yes, at which point Dick took it and rode away. The owner of the necklace reported the theft, and cops spotted Dick this weekend — also while tooling around on his bicycle — and nabbed him. He was released on \$25,000 bail. I'm hoping his legal team goes with the "It's Andy Dick, what did the guy expect to happen?" defence.



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Five key things to consider before you begin investing

Stock market. The world of investing is a sexy place, as long as you know the risks and understand what you're getting into



GAIL
VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Much of the personal finance media coverage is focused on the world of investing. It's sexy. A lot sexier than telling people to live within their means (jeez!), get their debt paid off (ugh!) or make a will (sigh).

One of the questions I get all the time relates to how to step into the world of investing. I'm an investor. You should be, too. But not until:

1. All your consumer debt is gone. If you're carrying consumer debt, it's because you're spending more money than you make, plain and simple. Job one is to plug the holes and get the debt paid off. No investment is going to return you more money than eliminating your expensive consumer debt.

2. You are living within your means. That means knowing the difference between wants and needs. And it means prioritizing what's really important over the desire to consume.

If investing is important, you'll need money to do it. So what are you not going to buy so you have the money to invest?

Investing also takes discipline. Go screaming from the investment world at exactly the wrong time and you'll make paper losses into real losses. Fail to set your sell-point, and greed may take over where common sense should rule.

Want to know if you've got the discipline to be an investor? If you're not living on a budget, you're not ready.

3. You understand what you're thinking of buying. There's an investment option for every kind of investor, but you must know what you're buying before you buy. Would



Before jumping into the complicated world of investing, do your homework and set up a practice account to help you understand the process. iSTOCK

Index funds

If the whole investment thing just seems too overwhelming to even bother, don't give up.

You can buy investments that reflect what the market as a whole, or particular sectors of the market, are doing.

Do some research on index mutual funds or exchange-traded funds (ETFs).

The idea is to eliminate having to make individual investment choices by mirroring what's happening overall.

you buy a car without knowing how to drive? So why would you buy an investment without knowing how it makes money, or how it can lose money?

If I had a nickel for every time someone told me they'd bought a mutual fund but

couldn't tell me what was in that fund, I'd be able to buy myself a bank! Knowing what you're buying is step one in making good buying decisions. If you can't explain it to a 12-year-old, you don't know it well enough to buy it.

4. You match your investment and your time horizon. Short-term money — money you'll need in less than five years — needs to stay liquid, since you don't have enough time to wait for markets to recover should they dip.

Long-term investing means being prepared to leave the money there for more than a decade. If markets take a turn, you have the time to ride out the ups and downs.

Choosing an investment that matches your investment time horizon is important. And so is adjusting your investments as your time horizon changes. Kids going off to university in five years? Have you changed the investment mix in their RESPs to reflect a shorter time horizon?

5. You understand that all investing has risk and that the greater the potential return, the higher the risk you'll be taking.

If you aren't comfortable taking risk — if the idea of watching 30 per cent of your investment portfolio evaporate overnight makes you crazy — then you need to choose investments that will let you sleep at night.

No, you won't have the spectacular returns of those who fear nothing and take a leap into speculative investments. But you won't have the losses, either.

If you've got the stomach, and the money, to go big or go home, the world of investing is huge and you're limited only by your knowledge. If you're a more conservative investor, don't apologize or feel embarrassed for being a chicken. Stay true to your risk profile and you will be happy watching your eggs pile up slowly.

Want a great way to dip your toes into the world of investing without taking any

risk, so you can learn without any pain? Build a practice portfolio and watch what the investments do and how you react.

Choose 10 investments you'd consider buying and track how they perform. Watch what happens and how you feel about the changes as your practice portfolio fluctuates in value. When you're comfortable, you can put some real money into the mix.

Some people see the stock market as a game. Some people see it as gambling. It's neither. Nor is it for everyone.

You'll know you're ready to be an investor when you've got a solid financial foundation (no debt, an emergency fund, a spending plan) and you understand the options you're considering well enough to feel completely comfortable buying them. Even a twinge of doubt means you're not yet ready.

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Still haven't jumped on the quinoa bandwagon? There's always room

Lake Trout and Quinoa Pilaf with Sweet Potato and Cranberries. This meal comes together quickly



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on Twitter
@rosereisman

The flavours of sweet potatoes, dried cranberries and maple dressing go so well for this fall quinoa dish.

Quinoa is a hearty grain that's considered a complete protein and a complex carbohydrate with a low glycemic index. It's also gluten-free.

It's best to rinse your quinoa before cooking to eliminate the taste of the saponin, which can be bitter.

I also like to cook my quinoa in a vegetable or chicken

Nutritional information

Per serving

- Calories. 403
- Carbohydrates. 42 g
- Fibre. 4 g
- Protein. 5.6 g
- Total fat. 11 g
- Saturated fat. 2.3 g
- Cholesterol. 66 mg
- Sodium. 554 mg



This recipe serves six. ROSE REISMAN

stock for added flavour.

Lake or salmon trout is a cross between both fish. It has a milder flavour and lighter texture than salmon and is also lower in calories and fat. You can also use rainbow

trout fillets.

The trout matches perfectly with the quinoa pilaf.

Directions

1. Preheat oven to 425 F. Spray a baking sheet with

vegetable oil. Place sweet potato cubes on sheet and roast for 15 minutes or just until tender.

2. Meanwhile, bring quinoa and stock to a boil, cover and

simmer on lowest heat for 15 minutes. Place in serving bowl with sweet potatoes and remaining salad ingredients.

3. Dressing: Combine ingredients and add to quinoa salad.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ingredients

Salad

- 1 medium sweet potato peeled and cut into cubes
- 1 cup uncooked quinoa
- 1 1/2 cups chicken stock
- 1/2 cup dried cranberries
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro or basil
- Salt and pepper

Dressing

- 1/2 tsp minced garlic
- 1/4 tsp Dijon mustard
- 1 1/2 tsp apple cider vinegar
- 4 tsp maple syrup
- 1 1/2 tbsp olive oil
- 2 tsp lemon juice

Fish

- 1 1/2 lb lake or salmon trout
- Salt and pepper

Glaze (optional)

- 1/4 cup low-sodium soy sauce
- 1/4 cup maple syrup
- 2 tsp cornstarch

4. Fish: Either grill or bake fish at 425 F for about 5 to 8 minutes or just until opaque. Serve over top of quinoa.

5. Glaze (optional): Combine ingredients in small sauce pan. Bring to a boil, then turn heat to low and simmer for 3 minutes or just until slightly thickened. Drizzle over fish.

Keeping it seasonal is simple

During the fall, your best vegetables are those that are seasonal and fresh. Here, I brush them with a dressing of olive oil and maple syrup.

1. Preheat oven to 425 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Arrange vegetables in single layer on lined baking sheets.

3. Combine ingredients for dressing and brush half over top of vegetables. Bake 20-25 minutes, turning after 15 min-

Ingredients

- 2 each large sweet potatoes and large Yukon Gold potatoes, unpeeled and cut into 1/2-inch circles

- 1 whole garlic head, cloves separated with skins left on
- 2 large peeled parsnips, cut into 1/2-inch circles

- 2 large peeled white, or rainbow beets, cut into small wedges

Dressing

- 2 tbsp olive oil
- 2 tbsp maple syrup
- 1/2 tsp cinnamon
- 1/4 cup chopped parsley

utes and brushing with remaining dressing. Bake just until browned and tender. If trays are on separate racks, switch their

positions halfway through the cooking time. Place vegetables on a large serving platter. Garnish with parsley. ROSE REISMAN



This Baked Root Vegetables with Maple Syrup and Cinnamon recipe serves six. ROSE REISMAN

Should I set down my studies for a year and get to know the globe?

Education. Is a 'gap year' after high school the right choice for you?

LAKSHMI GANDHI
Metro in New York City

It's a familiar script that millions of students follow each year: Graduate high school and then immediately start post-secondary.

But more and more students are embracing the "gap year" — a year of volunteering and working before heading to campus.

"In the beginning of senior year I was really stressed out with homework and extracurricular activities and everything that goes along with it in high school," says Elizabeth Campbell, a 19-year-old from Little Rock, Ark. "And I decided, 'Hey, maybe I want to take some time off and travel and learn another language.'"

Campbell decided to defer her admission to Furman University for a year and moved to Seville, Spain, as part of a gap year program with the Council on International Educational Exchange.

"I lived with a host family and went to an intensive language study," explains Campbell, who also spent a significant amount of time volunteering as an English tutor at two local schools, one of which served the children of Ecuadorian immigrants. She says that in many ways, her year away gave her



Elizabeth Campbell decided to spend a year in Spain learning Spanish before heading to post-secondary school. CONTRIBUTED

Giving the brain a little break

"I was just so stressed out senior year (of high school), and the gap year really gave me a break from that academic pressure and that pressure to succeed and make really great grades. I definitely think that I'm really fresh for college now."

Elizabeth Campbell

a leg up when it came time to start college

"It definitely made me a more open-minded per-

son," she says. "I was just so stressed out senior year (of high school), and the gap year really gave me a break

from that academic pressure and that pressure to succeed and make really great grades. I definitely think that I'm really fresh for college now."

In many ways, Campbell's story is typical of students who take gap years, says Jay Bacrania, the CEO of Signet Education in Cambridge, Massachusetts. Bacrania and his colleague Sheila Akbar often help plan gap years for the students they work with, which they stress isn't a year-long vacation.

"They are going to be challenged," he says, adding that planning is key. "It's not really a way to disguise a year off." Students weighing whether to take a gap year should ask themselves these questions:

What do you want to accomplish?

"Think about what your goals are," advises Bacrania. "Is there a project you want to work on?" He suggests that high school seniors talk

'Round the planet plan

Thinking of taking a gap year? Ask yourself how much structure you need.

- Some students want to focus on developing a skill or learning a language during their gap years. Sheila Akbar recalls working on a plan for a student who was interested in exploring a career in fashion. "We researched summer programs and said, 'These are the pros and these are the cons.'"

with their families or other mentors about things they'd like to achieve during the year and to come up with a realistic plan reach those goals.

Are you taking time off for the right reasons?

Sometimes students who didn't get into their dream college or university think that a gap year can help bolster their college applications and get them to the next level.

"We don't encourage that," says Bacrania, noting that some students flirt with the idea of the gap year quite late into their senior years when they feel like they aren't getting into the schools they want.

Both Akbar and Bacrania say they usually suggest that students complete the college application process and defer admission for a year.



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They all badger me during break time

Dear Metro,

I work in a hectic office, and when my break rolls around, I just want a few minutes of quiet solo time. Unfortunately, this rarely happens: More often than not, someone invites themselves to come wherever I happen to be going. How can I ditch my tagalongs without seeming like a grouch?

— Get Away from Me!



OFFICE SPACE
Eleni Deacon
life@metronews.ca



Hiding from your office's Chatty Cathy isn't going to hold up forever. Explain to her that a few seconds of solitude each day does your soul some good. ISTOCK

Dear GAFM,

Think of yourself as a white-collar cat burglar: When the clock strikes breaktime, you soundlessly — and theatrically — tiptoe from your desk to the door. Can't pull off a Pink Panther? Bid adieu to your side-kicks with a nice but not-quite-enticing verbal dodge. When Beth asks to come for a coffee, tell her you're calling your mom. If Todd wants a breath

of fresh air, explain that you're all about errands. Don't reject them outright — but don't offer an appealing invite.

And honesty should not cause ennui. Everyone has a different threshold for human contact, and there's nothing inherently offensive about wanting half an hour alone.

Should you get cornered into company, it's fair to ex-

plain — point-blank but politely — that you need a few minutes of solitude. Or tunnel yourself, Shawshank-style, to the sidewalk.

Dear Metro,

I work from home — and I also live below a diehard house music fan. Starting around 10 a.m. every morning, it's unust-unst-unst all over my apartment. I've asked the guy to turn it down, but he won't. I've told my landlord, but she isn't much help. How can I get work done when it feels like I live in a club?

— Not Feeling the Rhythm

Dear NFTR,

Breakfast is no time for bone-shaking bass, and house music is especially polarizing. Lots of people connect to it. But for those who don't, it can cause scratch-out-your-eyes, dig-in-your-brain aggravation.

If earplugs can't screen out the beats, try white noise. There are plenty of free apps of

A moment for moi

Everyone has a different threshold for human contact, and there's nothing inherently offensive about wanting half an hour alone.

fering productivity-enhancing tracks like "TV static" or "beach waves." You could also upscale his playlist with loud tunes of your own — although the combo of noises might sound like a bad DJ's crappiest mix.

When it comes to quiet, play the long game. Right now, he won't drop the volume. But what will he say in a few months, when you've made an effort to become his bud? Your impulse is probably to bang the ceiling with a broom and scowl in the halls. But a smile will more effectively oust his unsts.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Lessons from the desert

Propose a new purpose when your pursuit has reached its pinnacle



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

After success is achieved, it brings into view the type of 'Why?' or 'Now what?' reflections that can lead to complacency, or even self-sabotage. If this is occurring in your world, look to invent a new purpose.

Over the last five days,

our team of three has been competing in a multi-day foot race in Antarctica. On the first day, we took the lead in the team category and finished seventh overall in the general classification, which includes all the individual runners. Days 2-4 and 20 more hours of racing later, every minute counting, we gave all we had, given the stiff competition.

On the final day of the race, still leading, our mental calculation yielded that by the fifteenth kilometre, there wouldn't be enough distance left for the second-place team to make up the time they had lost to us.

With victory in the bag, overwhelmed with having gotten it done, I started reflecting on the hundreds of hours of training that had led up to this point.

Almost simultaneously, my teammates and I all got a neural signal that went something like this: "You're done. You can stop competing now!"

As you might predict, our pace slowed down and our bodies started to hurt, even though there were still hours of running left to complete the final stage.

It was time to reframe the race, and invent a new purpose to continue to give

our best until the end.

We discussed it as we walked, while being overtaken by much of the field. What should we run for? Our team was in eighth place overall; never before had a team finished among the Top 10 in this race. We agreed to run for that. Five kilometres later, we mentally calculated that that goal, too, was in the bag. What now?

With 25 countries represented, my friend Ernie and I clued in that we were first among Canadians by the narrowest of margins. As a point of pride, we agreed to run hard for that. I later realized I was leading the 50+ age category, which I might be able to hold if I ran with full force for another two hours.

None of these incremental goals carried a medal; albeit meaningless on the surface, each gifted us a newfound energy to replace the hurt we all had so we could continue with all cylinders firing until the very end.

Once we reach our first success milestone, sometimes we need to invent new reasons to push ourselves to redefine what our best is in order to reach new highs.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Roughriders 'looking forward' to playoffs

CFL. Defending champs enter post-season having snapped a five-game losing streak

Corey Chamblin and the Saskatchewan Roughriders are heading into the CFL playoffs on a positive note.

The defending Grey Cup champions capped the regular season with a 24-17 home win over Edmonton on Saturday night. The Eskimos had already secured second in the West but Saskatchewan clinched third with the victory, and more importantly snapped an ugly five-game losing streak.

The Riders and Eskimos will get to do it all over again, this time at Commonwealth Stadium on Sunday in the West semifinal. The winner will travel to Calgary to face the first-place Stampeders on Nov. 23.

"There are two sets of guys in the locker-room right now," Chamblin said. "There is one set of guys who want to defend last year's title and there's another set of guys who want this year's title to be their first."

"There's a healthy blend in there and I'm really looking forward to getting back to the drawing board to get ready for another game that we know will be ready for us and that we will be ready for."

The big question with the Riders is whether incumbent Darian Durant will start Sunday. Durant suffered an elbow injury in a win against Winnipeg on Sept. 7 and recently



Eskimos wide receiver Devon Bailey is gang tackled by Roughriders defenders in Regina on Saturday. The Riders won 24-17. LIAM RICHARDS/THE CANADIAN PRESS

Regular-season stats champs

Despite missing Toronto's season-ending win over Ottawa with a concussion, Argos quarterback Ricky Ray led the league in passing yards (4,595), touchdown passes (28) and was its most accurate starter (68.5 per cent.)

• Receiving yards — Adar-

iis Bowman, EDM, 1,456.

- Rushing yards — Jon Cornish, CAL, 1,082.
- Sacks — John Chick, SAS, 15.
- Tackles — Solomon Elimimian, BC, 143.

returned to practice. Veteran Kerry Joseph was Saskatchewan's starter in the victory over Edmonton.

Edmonton won the season series 2-1.

Also on Sunday, the Montreal Alouettes (9-9) will host

B.C. (9-9) in the East Division semifinal. The Lions finished fourth in the West but secured the third Eastern playoff seed by posting a better record than the Toronto Argonauts (8-10).

The Lions will attempt to become the fourth straight team to win the Grey Cup on home soil. B.C. and Montreal split their season series 1-1.

The East Division semifinal winner will face the Hamilton Tiger-Cats at Tim Hortons Field on Nov. 23. The conference champions square off in the Grey Cup game Nov. 30 at BC Place. THE CANADIAN PRESS

NFL

Romo returns, 'Boys jolt Jags

Tony Romo returned from injury and helped the Dallas Cowboys snap a two-game losing streak, throwing three touchdowns passes Sunday in a 31-17 win over the Jacksonville Jaguars at Wembley Stadium.

Romo injured his back two weeks ago and sat out last Sunday. He started this game for Dallas (7-3) and completed 20 of 27 passes for 246 yards against the Jaguars (1-9) in the last of three regular-season NFL games this year in London, England.

Romo completed a two-yard touchdown pass to Jason Witten in the first quarter, and then hit Dez Bryant for a pair of TDs in the second, the first from 35 yards and the second from 68. He finished with a season-high passer rating of 138.8. THE ASSOCIATED PRESS

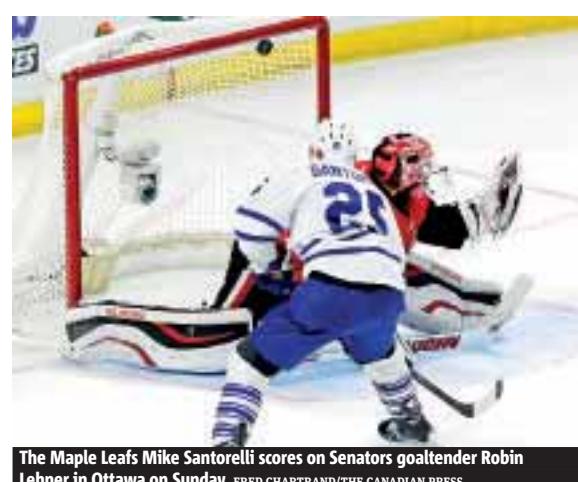
NBA

Raptors ravage lowly 76ers

When DeMar DeRozan scored on a spectacular 360 layup Sunday night, he couldn't help but smile.

DeRozan poured in 24 points on a veritable smorgasbord of shots to lead the Toronto Raptors to a 120-88 rout of the hapless Philadelphia 76ers, improving their Eastern Conference-leading record to 6-1. Toronto is a perfect 5-0 at home, and has the luxury of playing five more in a row at the Air Canada Centre.

Tony Wroten had 18 points for the woeful Sixers (0-7), the NBA's worst team. THE CANADIAN PRESS



The Maple Leafs Mike Santorelli scores on Senators goaltender Robin Lehner in Ottawa on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Maple Leafs come from behind to beat Sens in battle of Ontario

Peter Holland had a goal and an assist on Sunday as the Toronto Maple Leafs erased a one-goal deficit three different times in their 5-3 win over the Ottawa Senators.

David Clarkson had the only goal of the third period, and it gave Toronto a 5-3 lead with 14 minutes to play. James van Riemsdyk, Mike Santorelli and Josh Leivo also scored for the Maple Leafs (8-5-2) while James Reimer made 38 saves.

Mike Hoffman, Kyle Turris

On Sunday	
5	3
Maple Leafs	Senators

and Mark Stone had goals for the Senators (7-4-3), who lost for the first time in regulation on home ice this season. They

are now 4-1-3 at Canadian Tire Centre.

The Senators will now head out on a three-game trip to Western Canada starting Tuesday while the Leafs are off until Wednesday when they host the Boston Bruins.

Sunday's game was the make-up date from the Oct. 22 game that was postponed following the shooting at the War Memorial in Ottawa that took the life of Cpl. Nathan Cirillo. THE CANADIAN PRESS

AUGMENTED REALITY



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crossword and Sudoku answers.
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instructions
on Metro's
Voices page.

Horoscopes by Sally Brompton



Aries

March 21 - April 20

You may not want to get involved in a dispute between work colleagues but you have no choice. When things start to get heated, you must step in and calm things down.



Taurus

April 21 - May 21

Be honest about what you think today, even if your point of view is likely to offend. You are as entitled to your opinion as others are to theirs. Speak up.



Gemini

May 22 - June 21

You will start the week inspired mentally and overflowing with energy physically. If you can apply your talents there is no limit to what you can achieve over the next four or five days.



Cancer

June 22 - July 23

Today's Mars-Pluto link in your opposite sign of Capricorn could create a false sense of urgency. Take your time. Make your next move the right one.



Leo

July 24 - Aug. 23

If you try to play mind games today you could find your tactics backfire. Some people are passionate about their beliefs and if you antagonize them you are asking for trouble.



Virgo

Aug. 24 - Sept. 23

Mars-Pluto link in the most creative area of your chart will help you get a project off the ground. Don't move too quick or your resources will run dry.



Libra

Sept. 24 - Oct. 23

No matter how hard you try to control your feelings today, Mars and Pluto will make it difficult not to get angry about something. You are probably right to blow your top.



Scorpio

Oct. 24 - Nov. 22

You should by now have overcome whatever fears were holding you back, but if something is still bothering you then deal with it today.



Sagittarius

Nov. 23 - Dec. 21

What is it you want the most? Once you have put a name to your desire you will be amazed how easy it is to make it yours.



Capricorn

Dec. 22 - Jan. 20

You may feel that you can take on the world and win, but why make a war of life? Today's Mars-Pluto union in your sign endows your personality with power. Ask for what you want.



Aquarius

Jan. 21 - Feb. 19

You may feel that you have lost control over certain aspects of your lifestyle, but is it a big deal? The fact that other people are determined to take decisions for you frees up time to pursue more interesting ambitions.



Pisces

Feb. 20 - March 20

You'll get the chance to tackle an issue that's been worrying you for months. A friend may offer to help you out. They know what needs to be done.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

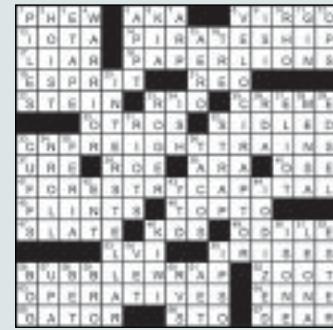
- Help Hand link: 2 wds.
- Director Frank
- Illusionist, archaically
- contendere (Court plea)
- Put on (Dress warmly)
- Mr. Kristofferson
- Plaintiff
- Lancaster bombers WWII-set movie, "The ___" (1955)
- "M*A*S*H" spin-off, "___ John, M.D."
- WWII American-Canadian commando unit movie, "The Devil's ___" (1968)
- Backslide
- Peel
- Change
- SPCA protegee
- Confront
- Egg-shaped
- Patrick ___ (Author of Napoleonic Wars novel Master and Commander)
- Ernest Hemingway WWI-era novel: 4 wds.
- Canadian pilots movie, "Captains of the ___" (1942)
- "The movie's starting!" 2 wds.
- US state
- Ques. follower
- Card game
- Domesticated
- Ideally: 2 wds.
- Setting of '63's "The Great Escape": 2 wds.
- Underwriter
- 1965 John Wayne/Kirk Douglas war movie: 3 wds.
- Bus. concern
- Money spent

Down

- Rocket org.
- Two musical notes
- "S*P*Y*S" (1974), for one
- Toboggan
- 1958 war picture starring Canadian actor Glenn Ford as a submarine commander: 2 wds.
- Future soldier
- Rent-__-
- Cheering prop half
- Hopping critter
- Make ___ (Go)

- right, for instance)
- Business subj.
- Locale
- Fortify
- Being
- Mr. Caesar
- Demonstrated
- Sean Penn war flick, "The Thin ___" (1998)
- Business subj.
- Single occurrence
- "For ___ the Bell Tolls" (1943)
- "___ help you?" (Store's query)
- Shakespearean character
- Intl. commerce group

Friday's Crossword



Online

See today's answers at
metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	3	9	8	4	7	2	1	5
1	5	7	2	6	3	4	9	8
4	8	2	1	5	9	6	7	3
2	9	1	4	7	5	3	8	6
8	6	5	3	9	2	7	4	1
3	7	4	6	8	1	9	5	2
9	2	3	5	1	4	8	6	7
5	4	6	7	3	8	1	2	9
7	1	8	9	2	6	5	3	4

7			3	1
1	4	2	9	3
8			6	2
2	4	7	5	
4			7	
3	6	1	9	
7	6		3	
7	3	4	8	2
4	8		5	

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